

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings of claims in the application:

**Listing of Claims:**

1. A method for providing support to a person's lower torso, comprising:  
providing a support pillow comprising an inflatable pillow body having an interior that is adapted to be filled with a fluid to inflate the pillow body, a top side, a bottom side, and at least one wall disposed in the interior and that connects the tope side to the bottom side to facilitate flattening of the top and the bottom sides when the pillow body is inflated, and wherein the pillow body further comprises a medial region and first and second opposing arms extending from the medial region, wherein the arms have respective first and second end portions remote from the medial region, wherein the cantilever arms are curved about a vertical axis, and wherein the cantilever arms and medial region cooperate to define an open well;  
inflating the support pillow; and  
separating the first and second ends relating to each other and placing the support pillow around the person's lower torso, with the first and second end portions of the arms being at the front of the person's torso, and with the medial region of the support pillow being adjacent the person's lower back, wherein the arms are biased around the person's torso sufficient to secure the support pillow to the person's torso and to hold the support pillow vertically positioned relative to the person's torso while the medial region is positioned against the person's lower back.
2. A method as in claim 1, further comprising sitting in an upright position with the support pillow around the torso.
3. A method as in claim 2, wherein the sitting step further comprises sitting in a chair.
4. A method as in claim 1, wherein the pillow body is constructed of a rubber or a vinyl material, and further comprising placing a fabric cover over the pillow body prior to placement about the torso.

5. A method as in claim 1, further comprising lying while the support pillow is around the torso.

6. A method for supporting an object in front of a person's torso, said method comprising:

providing a support pillow comprising an inflatable pillow body having an interior that is adapted to be filled with a fluid to inflate the pillow body, a top side, a bottom side, and at least one wall disposed in the interior and that connects the top side to the bottom side to facilitate flattening of the top and the bottom sides when the pillow body is inflated, and wherein the pillow body further comprises a medial region and first and second opposing arms extending from the medial region, wherein the arms have respective first and second end portions remote from the medial region, wherein the cantilever arms are curved about a vertical axis, and wherein the cantilever arms and medial region cooperate to define an open well;

inflating the support pillow;

distancing the first and second ends from each other and placing the support pillow around the person's torso, with the first and second end portions of the arms being at the back of the person's torso, and with the medial region of the support pillow being adjacent the front of the person's torso, wherein the arms are biased around the person's torso sufficient to secure the support pillow to the person's torso and to hold the support pillow vertically positioned relative to the person's torso; and

resting the object on the cantilever arms or the medial region while the arms are biased around the person's torso.

7. A method as in claim 6, wherein the person is sitting while resting the object on the arms.

8. A method as in claim 6, wherein the pillow body is constructed of a rubber or vinyl material, and further comprising placing a fabric cover over the pillow body prior to placement about the torso.

9. A method as in claim 6, wherein the object is the person's elbows that is rested on the medial region.

10. A method as in claim 6, wherein the object is the person's forearms that is rested on the medial region.

11. A method as in claim 6, further comprising breast feeding a baby while resting the person's elbows or forearms and the baby on the support pillow.

12. A method as in claim 6, wherein the placing step further comprises resting at least a portion of the support pillow on the person's thighs.